

Turning Techniques

Duration: 90 min

Seminar contents:

- What are turns?
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What are turns?

A turn in dancing is a rotation of the body around the upright body axis. Turns are important elements of dance and can raise the level of difficulty of a dance sequence.

Use of turns in Clogging

Turns make a choreography more diverse and allow to dance the same sequence in different directions, whereas full turns (360°) look fast and vivid without changing the direction of dance.

Advantages and disadvantages of turns

Advantages:

It is nearly impossible to have a change of direction without formation. It makes shows more interesting as the audience can better recognize direction change than higher-level dance steps

During a workshop, the instructor can adapt to the level of the dancers by adding or leaving out turns. This can also have an impact on the duration of the workshop.

Disadvantages:

After a turn, dancers might not see the instructor anymore.

Therefore, turns should be added to the workshop only when the dance steps is already well-known by the dancers.

What kind of turns exist?

Direction of turning:

right (clockwise)
left (counter clockwise)

Way of turning:

forward (shoulder/hip is being turned forward on the side of the free leg),
backward (shoulder/hip is being turned backward on the side of the free leg)

Turning techniques:

walked	(e.g. with steps, double steps, toe heels, rock steps, etc.)
kicked	(turning speed through taking back the “kick leg“, e.g. Karate)
pivoted	(turning on balls or heels, e.g. Basketball Turn, Spinner)
crossed	(turning by crossing or uncrossing legs, or both)
jumped	(turning during a hop or jump)

Sequence of fast turns

The body is positioned as upright as possible, the weight is above the turning point.

The head is supporting the turn by staying in the previous dance direction at first while the body is already turning. Then, the head is turned quickly (in the direction of turning) to the end point (or, in big turns, to a point in the middle of the turn).

In changing weight, the free leg must be placed right next to the leg the weight is on, directly underneath the body, because a large change of the center of gravity may lead to a loss of balance.

Practices for turning techniques

- 1/4-turns walked
(Basics in a box, all turns ending with a RS, or all turns ending with a DS).
- Spinner
(Pivot turns forward: Beginning with the left, turning to the right or vice versa)
- Spinner reverse
(Pivot turns backward: Beginning with the left, turning left or vice versa)
- Karate
(Kick turn forward: Beginning with the left, turning left or vice versa)
- Karate reverse
(Kick turn backward: Beginning with the left, turning to the right or vice versa)
- Jumps
(Jump 4 times on both feet, then turn, right, left, 1/4, 1/2, 3/4, 4/4)
- T-Step with a 1/4-turn on both hops
(jumped turns twice right or twice left)
- Basketball Turn
(Pivot turns with a 1/4 or 1/2 turn or 3/4 crossing)
- Fancy Double: 3/4-turn looking at the final direction not before concluding the turn, 5/4-turn after the first step already is easier than 3/4!
- Full turn crossed
(left in front of right leg, right turn on both balls, vice versa left turn)

Special case couple turns

The central turning point is here not under the body of the dancer, but in between both dancers. Therefore, during the turn both dancers must be standing close together in order to turn around the common gravity point.

Examples for couple turns:

- Couple turn half with 4 toe heels (dancing position both hands or ballroom)
- 2 x 1/2 Butterfly Turn with 4 Basics (dancing position both hands)
- Couple turn full with a Push Turn (dancing position ballroom)

